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HOMA HEALTH - NEWSLETTER #172

[print Newsletter](#)

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EDITOR'S NOTE

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EVENTS AROUND THE WORLD

MINI YOGA for CHILDREN & PARENTS

MEDITATION with MANDALAS

MESSAGES FROM SHREE VASANT

FROM INTUITIVE GUIDANCE

Your comments, questions, suggestions & experiences are welcome! To subscribe to the HomaHealth Newsletter, please write to Abel Hernández & Aleta Macan: terapiahoma@yahoo.com
Thank you!

DISCOVERING HOMA THERAPY

Today, we would like to talk about the practical benefits of Homa Therapy (HT). First of all, we would like to ask you not to believe anything we say. Today we hear many things that do not make any sense. The first time we heard about HT was at a conference in Miami, Florida. There, Master Shree Vasant Paranjpe gave an explanation of HT. Back then, we thought that if only 10% of his speech was true, HT is fantastic. As you already know, you have 3 basic options when someone tells you something new:

First, you can believe it.

Second, you can deny it.

Third, you can say that I don't believe in anything, but I would like to check and investigate. Generally, fanatics believe or do not believe a priori and scientists do not reject any theory until they investigate it.

Scientific facts are based on experiments. Today, based on our personal experiences, we have seen how HT have cured many physical, emotional and mental illnesses in thousands of people around the world. Some have been classified as "miracles" because they were supposed to be "incurable." We have also seen the healing of animals, where the veterinarian did not see any hope. We have seen large plantations recovered from diseases and pests. Homa farms are more productive than conventional farms.



Total Healing - body, mind & planet.

Homa agricultural products are also superior in quality, taste, post-harvest shelf life and nutritional values. HT helps detoxify waters and soils. HT brings nourishing showers. HT neutralizes the pollution of the atmosphere on a physical, chemical and vibratory level. HT helps to establish harmonious climatic conditions. HT brings balance to all ecosystems. HT cancels the reproduction of pathogenic organisms, whether microscopic, such as viruses, bacteria, fungi, etc. or macroscopic such as: insects, nematodes, worms, etc. HT is very powerful in the treatment of drug addiction. HT is a super psychotherapy to remove from the mind: greed, envy, selfishness, jealousy, lust, anger and other pathological ego traits. HT is a non-drug treatment for: stress, fear, anxiety, depression, insomnia, schizophrenia, panic attacks, etc. HT easily brings peace, joy, and well-being. HT and the Fivefold Path can bring you face to face with the Divine within and without.

**OM HOMA THERAPY OM
OM SHREE OM**

HOMA HEALING STORY

**Med. Tec. Luis Carriel and Therapist Sara Bustamante,
Homa Center "La Zenaida"
Vinces, Los Ríos, Ecuador, South America**



(Photo: Sara Bustamante and Med. Tec. Luis Carriel)

About a diabetic patient, Kelly Yulan Vera:

In sept. 2015, the patient Kelly Vera attended our Homa Center "La Zenaida" for the first time, presenting a very advanced gas gangrene, practically with the left foot completely black up to about 25 cm above the foot level. With holes so deep that the tendons could be seen. She had been scheduled for a leg amputation above the knee. We managed to reverse the process in 15 to 20 days in spite of the seriousness of the situation in which she came. The tendons on the dorsal part of her foot were practically exposed, they looked like guitar strings. Completely tight and white. On the plant of this foot, she had several holes and inclusive already had a bad smell.

We applied a protocol using Agnihotra ash with hot water and a solution of sea water. As we did not have sea water, we dissolved 2 pounds of sea salt in 20 liters of warm water with Agnihotra ash and Magnesium chloride.

Thus, we began the treatment day by day. One of the recommendations she was given, was not to put gauze on the wounds, nothing to cover them. We simply left it exposed to the open air, but with a kind of wire crown around it, which was covered with a strong cloth so that no flies or dust or anything could contaminate.

We also used MMS, as a permanent retroviral every two hours, for 5 daily doses and for a period of 5 months. With this protocol, the process was reversed. The tissue started to regenerate and the holes started filling up and healing. Using the Agnihotra Ash cream (Ghee with Agnihotra ash) the healing process was accelerated. And as you can see in the image, she only lost a part of the 2nd toe. So, she saved her leg.

These are the satisfactions of seeing patients with different pathologies where conventional medicine cannot help. In this case we could and it is being demonstrated with facts. Of course, the patient had to undergo a diet free of carbohydrates, free of flour, free of refined sugar, completely vegetarian, with certain fruits. Thus, including a proper diet, the process of healing is supported. Consuming the Agnihotra ash and attending or better still, personally practicing the Homa Fires, they are being cured.



**Kelly Yulan Vera
Homa Center "La Zenaida", Vinces, Los Ríos, Ecuador**

I was admitted to the University Hospital, where I was told that I needed a cleansing IV in order to undergo surgery the next day and to have my leg amputated above the knee, because my diabetes problem had advanced too much. I said no, that I wanted to go home to find another remedy. There, my brother-in-law told me that he would take me to Vinces, to a good doctor he knew there, who had already healed people. **(Photo: Kelly Vera)**

In Vinces, I received from doctor Luis Carriel the Agnihotra ash cream; sea water, Agnihotra ash and magnesium chloride was used for the cleaning of my wounds. I took MMS. In the beginning, I also used an anesthesia spray so my foot wouldn't hurt. Besides, I ate everything without salt and without sugar, everything like I was told.

Within two months I was already walking with the help of crutches. After the first 15 days of this treatment, I started feeling better and better and better; I felt relief, much relief. After 5 months, I already walked. I thank God and I thank Dr. Carriel because by his hand I have been healed. I have more faith in him than in all the drugstores. **Med. Tec. Luis Carriel explains the photos:**



Photo of the dorsal part of the left foot:
The part of the photo that has a different tone is regenerated tissue. The tendons were clearly visible. She only lost one phalanx of the ring toe. The area is fully regenerated. This happened 5 years ago.

Photo showing the bottom of the left foot:
Here we also see 2 skin tones, the normal and the regenerated one. All what is darker skin was full of holes.



HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!



Julián Acosta reports from the HOMA Farm Tenjo, Cundinamarca, Colombia, South America

At the Tenjo Homa Farm, we perform daily Agnihotra at sunrise and sunset, 4 hours of Om Tryambakam Homa which we increase to 12 hours at each change of the moon phase. We live in a community with 7 families. We have created several organic gardens where we grow our food. We use humus from the earthworm beds.

It is wonderful to have our own garden with healthy food, full of vital energy, especially for our children. The work in the garden is for us like a therapy where we can grow internally

with the plants that we sow. We take care and harvest it with love.

Photos below: Sowing day with all the children of the farm, accompanied by Yolanda; the garden bearing its Homa fruits in abundance and in a large variety;

Last row photo: taking turns during the Tryambakam Homa: Carolina, Diana, the owner - María Teresa, Julian, Martin and Gina;



HOMA FARMING - THE SOLUTION FOR THE FUTURE OF OUR PLANET!

Julian Acosta reports from the Tenjo Homa Farm, continued:

During the quarantine period, we performed 12 hours a day for an extended period. Each member of the community takes turns chanting Om Tryambakam Homa.

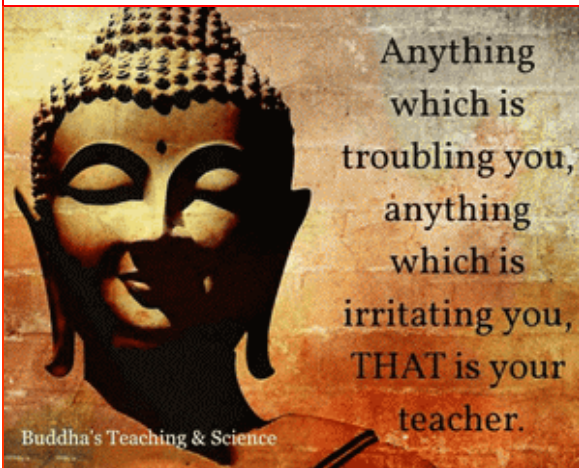
Here, at the Tenjo Homa Farm, we live in harmony, peace and safely, contributing to the healing of our atmosphere and loving and praising the Divine in the fullness of His creation.

Photos below: Delicious vegetables from our own garden, full of prana or life force;

Community and recreational activities; Julian's children: Lucas and Francko, performing sunrise Agnihotra.



ECO NEWS



Global Ecological Restoration: The Leaves of the Tree Will Heal the Nations

By Dr. Glen Barry · January 20, 2020

Global ecological sustainability requires large scale tree planting to restore natural ecosystems.

“Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river

stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.” – **Revelation 22: 1-2**

Humanity has surpassed the carrying capacity of the atmosphere, ecosystems, and the biosphere. **To read full article, please see:**

<https://ecointernet.org/2020/01/20/global-ecological-restoration-the-leaves-of-the-tree-will-heal-the-nations/>



Organic Seed Alliance: seeds of hope for the future of food

Organic Seed Alliance advances ethical seed solutions to meet food and farming needs in a changing world. We believe seed is part of our common cultural heritage – a living, natural resource that demands careful management to meet food needs now and into the future.

Learn more about our research, education and advocacy programs at seedalliance.org

To watch video, please enter: https://www.youtube.com/watch?v=a_gNZ8n4McM

Primer Congreso HOMA 2020 Latinoamericano

Ciencia antigua que cambia la vida



This HOMA 2020 Congress happened during 3 weekends, on 5 days (July 25, 26 and August 1, 2 and 8). It was a great success for making known some of the ample scope of Homa Therapy healing techniques in Human Health, Animal Health, Agriculture, Livestock, Education, Ecology, and Co-existence.

This Congress has helped people who already practice Homa Therapy to clarify and deepen their knowledge about this ancestral bioenergetic technique. HOMA 2020 has also encouraged others to resume or begin its practice.



We thank the speakers for their diligent work and dedication in explaining and reporting their personal experiences, research and results gathered through applying this Super-Technology. You can watch the Speakers of the HOMA CONGRESS 2020 in YouTube. Soon all the talks will be available. Please enter YouTube and put "HOMA 2020" in the search window.

Hundreds of people participated from the many countries in South and Central America, from the Hispanic community of North America and also from various countries in Europe.

To see the talks (in Spanish), please enter **YouTube**, write "**HOMA 2020**" into the search window.

Excerpts of some letters received from participants:

"I want to greet you and to thank you for these wonderful recommendations, advice and magnificent conferences during the Congress which I have attended with great interest."

Luis Fernando Suárez, Colombia

"Before more time passes, I wanted to thank you for the Homa Congress. With each weekend I learned more. I found the speakers fascinating, their topics, the way they presented it. Thanks for all the effort and dedication." Patricia Pareja, Belize

"I was invited to the South American Homa congress of which I have not missed any talk, because they were beautiful, I am truly amazed. I bought my pyramid and I have been doing Agnihotra now for 3 days in the mornings and afternoons." Daniela Pedreros, Chile

"I am participating in the 1st Latin American Congress of Homa therapy, I am very happy to discover this science for my life and well-being." Andrés Galeano Jaramillo, Colombia

"Everything presented at the Homa Congress was beautiful and super interesting. We were very moved by hearing personal experiences, such as the reaction of the cows when listening to the Tryambakam Homa." Claudia, Mariela y Alejandrina, Argentina

"I wanted to express my sincere and deep gratitude for the excellent organization and realization of the First Latin American HOMA Congress in Virtual Mode. It was a beautiful experience to be immersed during 5 days in topics related to the benefits of Homa Therapy and its different applications. I had the opportunity to attend some other Congresses for my work or studies, but I have never experienced so much emotion, joy, peace, gratitude with God and life. How much happiness can one feel listening to speakers expressing themselves with affection, some with serenity, others with emotion, with joy, others with such sweetness, with wisdom, about their experiences and knowledge regarding the same subject. In this Homa Congress, I experienced it. Infinite thanks to all the people who dedicated their time, work, effort and knowledge, so that many more people had the chance to learn about this wonderful ancient technique." Rocío Pazmiño, Ecuador

"I want to thank you for the leadership and the effort put into the development of the Congress, I could participate for four days and from there on I have started with the practice of the sacred fire." Diego Florez, Colombia

"I would like to comment on the 2020 Congress, that it has been a brilliant idea, given the situation we live in and our immune system struggling to avoid ills of mind, body, and everything else. I saw some speakers and each one approached their experiences from a different angle of life. I never really bothered before knowing what Homa Therapy was about. I was delighted with the presentations that, with a lot of didactics, clarity and conviction, allowed me to fully understand the wonder of this therapy and the wide range of applications in humans and in life generally. I want to start its practice. I am very excited about my future learnings and future experiences." Jenny Díaz Gotta, Italy

HOMA HEALING FIRES AROUND the WORLD in TIMES of CHANGES



Photos of this page: Practicing Agnihotra and other Homas in homes in Ecuador, India, Peru, and Colombia. In several countries, Agnihotris take turns and practice every day several hours of Tryambakam Homa in their city, according to a schedule; on full and new moons, 24 hours of Tryambakam Homa are practiced nonstop, each person from home.

"Of course, all these other YAJNYAS (HOMAS) are to be done at a place where Agnihotra is regularly practiced and by a person who practices Agnihotra regularly, to bring about the healing effect." -Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



HOMA HEALING FIRES AROUND the WORLD in TIMES of CHANGES



"Yagnya (Homa) is the master healer and also the bearer of material abundance and mental peace."

-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



**Photos of this page:
Practicing Agnihotra in various places in South America: Chile, Ecuador, Colombia, Peru, Argentina, Mexico, ...**

HOMA HEALING FIRES AROUND the WORLD in TIMES of CHANGES



"HOMA Therapy is a totally revealed science. It is as old as creation. In the course of time this knowledge was lost but it is now being resuscitated to give people guidance about how to correct the polluted conditions of the planet we find ourselves in today. HOMA Therapy comes from VEDAS, the ancientmost body of knowledge known to man."

-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-

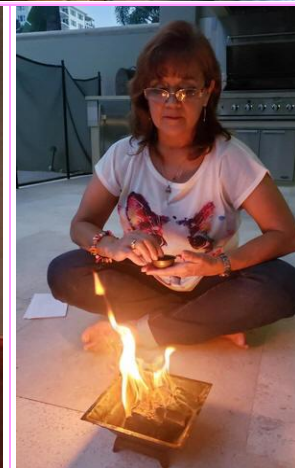
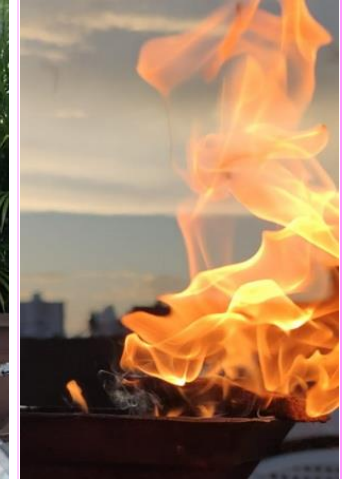


Photos of this page from Colombia, Mexico, Peru, Ecuador, Chile and France.

HOMA HEALING FIRES AROUND the WORLD in TIMES of CHANGES

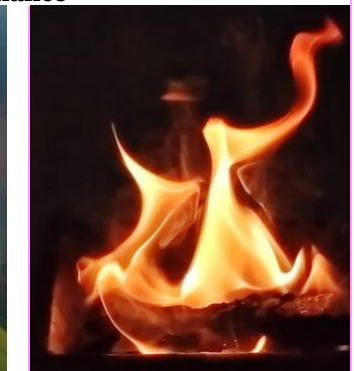


Photos of this page from Colombia, Peru, Ecuador, Argentina and USA ... connecting from heart to heart ... the distance does not matter at all ...



"When Agnihotra is performed there is a turbulence of electricities and ethers created by the combination of Mantras and fire that extend all the way to the solar range. This turbulence leads to a quick upheaval of the nutrient structure in the area."

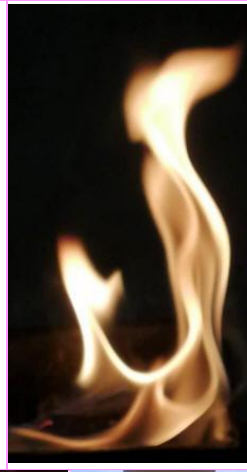
-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



HOMA HEALING FIRES AROUND the WORLD in TIMES of CHANGES



Photos on this page from Peru, Ecuador, Chile, Colombia, Austria and USA - connected through the power of Agnihotra.



"When Agnihotra is done under a tree, immediately, as soon as it feels the smoke it begins to become happy."

-Shree Vasant Paranjpe in HOMA THERAPY, Our Last Chance-



HOMA HEALING FIRES AROUND the WORLD in TIMES of CHANGES



Photos on this page from Ecuador, Colombia, Peru, Argentina and Kazakhstan (below).





MARÍA MAGDALENAS' MiniYoga for Children

SWADHYAYA

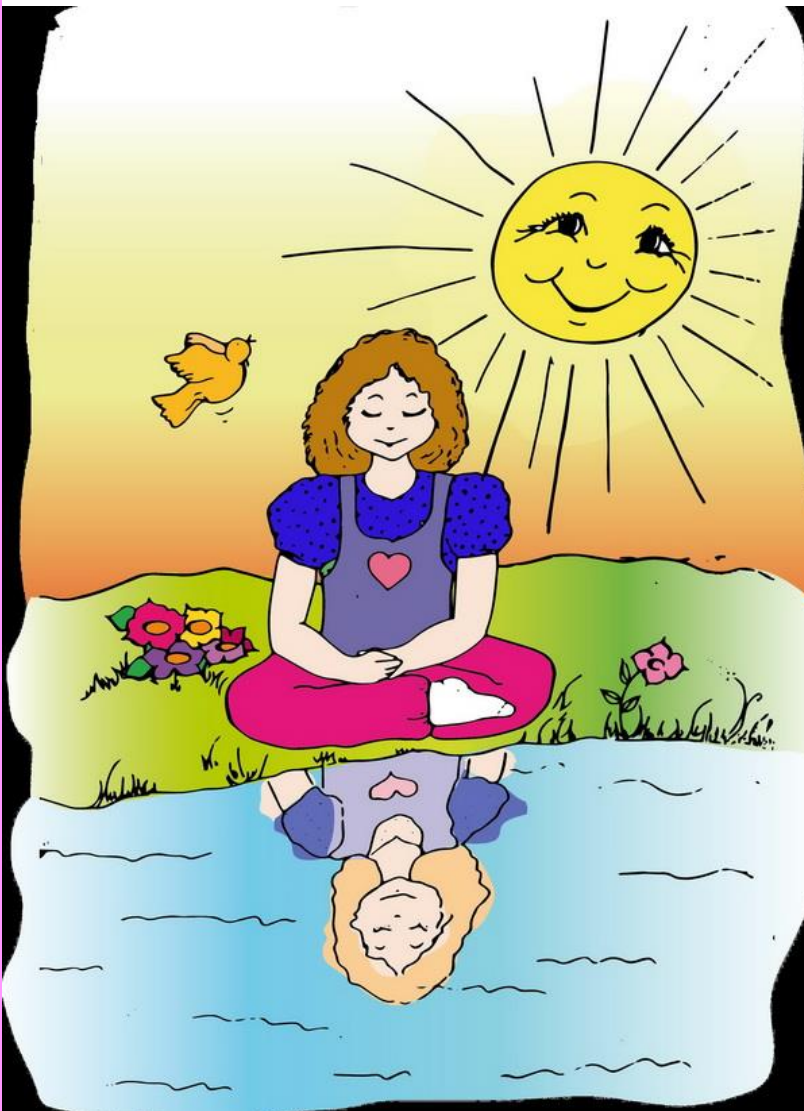
Hello everyone! A warm greeting for each one of you, wishing you all the best for these special moments that we are all going through. Moments we can use to observe ourselves and be aware of the possibility to get to know ourselves a little better every day.

Our fourth step of The Fivefold Path is "Self-study", a fundamental step for liberation. Who am I? Where am I? Our job on this planet is to learn to react with Total Love in each opportunity given.

We hope this information is of use to all of you, in order to help you communicate these valuable ancient tools to all the children you may share it with... they are waiting!
With eternal gratitude, [MiniYogaChile](#)

SELF-STUDY (SWADHYAYA):

What do you think the girl in the drawing is doing?



We can use these moments when we sit quiet, to ask ourselves: Who am I? How am I? What makes me happy? We all know others very well, we know our families, our teachers, our friends and we know them so much that we know exactly what makes them happy, when are they going to get mad or what makes them sad ... and Do I know myself that well? Am I aware of my feelings before doing or saying something or do I only realize them afterwards?

Self-study is to ask ourselves: Who am I? Am I the same person at home, at school, while I'm visiting someone, while with my parents or with my grandparents? It's like there are many "selves" inside of me ... to know and to realize this, is to know oneself.

(Continued on next page)



MARÍA MAGDALENAS' MiniYoga for Children

SWADHYAYA

We have to learn to see that we have many beautiful things inside ourselves, without feeling better than others and that we also have many things that we need to change, without feeling lesser. It is very good to acknowledge our faults and improve them, but it is more important yet, to recognize our virtues or good things. That is the only way we can make them bigger and better and, in that way, give these to everyone.

When I start knowing myself, I become aware of the things I agree with and things that I don't. We have to be very brave not to let ourselves be influenced other people. If someone invites me to do something of that I do not agree, for me to say NO in a very sure and convincing way, is a great act of bravery.

It is also important to learn to communicate our feelings. Talk with mom or dad, our grandparents or anyone we trust. When we communicate our sorrows, it's like getting weight off our back, we feel lighter... and if we communicate our joys, everybody will be happy too! The sorrows are divided and the joys are multiplied!

Always remember that inside of us there is a special place where we can be okay and in peace... it is so nice there. To look for this place inside, with the help of Meditation, is to know ourselves better.

HOMEWORK 1: Meditate 5 to 10 minutes every day, if this is during sunrise or sunset, it would be much better, since these are moments of higher energy on the planet!

HOMEWORK 2: Make a "Who Am I Notebook", with a self-portrait on the first page and start writing all you find out about yourself. You can write down your dreams, ideas, discoveries about you and anything that can help you to get to know yourself better. If at any moment you don't know what to write, ask other people how they see you.

Listen carefully to the song in the following link:

<https://youtu.be/cyVzjoj96vs>

See you next time!



A contribution of:
@miniyogachile
Libraries, Archives and Museums Directorate
Intellectual Rights Department
Registration No.: A-304257
Santiago, May 31, 2019

Based on the program: *Yoga & Meditation for Children* by Fran Rosen & Bonnie Maltby

HOMA PSYCHOTHERAPY: Training the Mind to react with Love and make proper Decisions

By Barry Rathner, Clinical Psychologist

Though I intended to have this article be a continuation of the discussion of Fivefold Path, I have decided that the situation we all face with the pandemic makes it more important to discuss some issues related to this. I shall return to the intended agenda in the near future.



SUPPORTING FARMERS' PHYSICAL AND MENTAL HEALTH WITH AGNIHOTRA

Have you heard the joke about how our governments are meant to protect us in times of crisis—be it COVID-19 or CLIMATE CHANGE?

Dream on, fellow seekers and wannabe survivors.

THIS IS NOT A TEST. This is not a movie. All the woods, be they Hollywood, Bollywood or Nollywood are as clueless as our “leaders.” The fiction would be too strange to be thought of as fact.

This one's on us, on you.

“You talkin’ to me?” Yes, is the answer. God, Mother Nature, Divine Feminine....they are all speaking to us. And what They are saying is, “Our only way out is in.”

We must go within, find our own answers and solutions and then go about doing the needful.

And thanks God and Her/His Messengers, we have been provided with the survival tool—one that helps us individually, helps those around us, and helps the environment as it teeters seemingly out of control.

As the 45-year-old song goes, *“FOR ALL THE JOY AND ALL THE BLISS, AGNIHOTRA IS THE WAY”*.

Daily sunrise/sunset Agnihotra—done simply in a copper pyramid in which dried cow dung and cow's ghee are burned and into which two offerings of unbroken, unpolished rice are offered to the accompaniment of a very short Sanskrit mantra. That's it.

The farms of hundreds of thousands of farmers, not to mention the lives of the farmers themselves, can be saved, have been saved, by performance of Agnihotra.

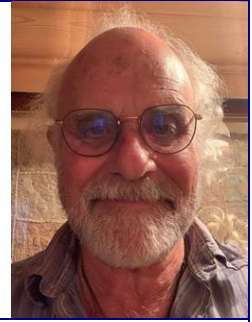
The suicide epidemic of farmers in Maharashtra and other places can be stopped with Agnihotra.

Why is this? Quite simply, the effects of Agnihotra on the atmosphere through the simple correlation of ATMOSPHERE, PRANA, MIND result in quantifiable and palpable improvement in farmers' states of mind, hence, physical and mental health.

(Continued on next page)

HOMA PSYCHOTHERAPY: Training the Mind to react with Love and make proper Decisions

By Barry Rathner, Clinical Psychologist



This is serious. Even if we survive Corona, the elephant in the room must be dealt with. CLIMATE CHANGE does not lend itself to prophylactic measures.

There will be no vaccine to inoculate us against rising tides, life-threatening storms....

India—and by extension all live there—is in a unique and perhaps enviable position.

You have an appreciation for Spirituality and Vedic culture and knowledge. You do not view Vedic Culture with the skepticism that some in other countries do.

And in 2020, the world has been forced to admit, WE DO NOT KNOW. That leaves an exciting pitch on which we can all show our wares.

There are basically two ways to look at the effects of Homa Organic Farming and Agnihotra.

- 1) effects on farmers and gardeners
- 2) effects on what they are trying to grow

Both areas of concern are of great importance if we consider SENTIENT BEINGS, beings that FEEL, then we must look at farmers and herbs and plants.

When the authors of, *“The Secret Life of Plants”*, demonstrated that a plant hooked up to a lie detector machine showed “fear” when the thought of burning a leaf manifested, many viewed plants differently.

When Swami Vivekananda wrote about Burbank, a California horticulturist who coaxed roses to grow without thorns by speaking to them and assuring them they could safely grow without thorns, many more viewed plants differently.

And so it is with Agnihotra and Homa Organic Farming. The subtle effects of this Vedic science of farming can revolutionise the field as the Perfect Storm of Corona and Climate Change threaten our very existence.

When *“The Secrets of the Soil”* was published in 1989 and an entire 17-page chapter was devoted to ‘Purified With Fire,’ the world learned anew what was involved with Agnihotra and its effects on humans and plants.

Yes, yes, we have in our hands a Vedic super-technology that simply needs to be experienced to be believed. The time is now.

For more information: www.homapsychotherapy.com / www.drbarryrathner.com

MEDITATION with HEALING MANDALAS



Freedom Within

May Protection and Healing surround us all.

With Grace. Love. Joy.

(All Mandalas are copyright by Parvati (Fran) Rosen-Bizberg.
Healing Mandalas, prints of original art are available via Facebook: Creative Arts — Daughters of the Mountain.)



On Self-development

Let us not strain ourselves in an attempt to attain enlightenment. We will catch glimpses along the way of the pure state of “I and my Father are one.” But let the end not be our only impetus. Many people wish only to reach that highest state so they can feel unburdened of worldly pressures and feel at peace with themselves all the time. Let us meditate on the goal of gradually, each day, becoming more and more loving to ourselves and to those around us. Let us concentrate on giving rather than receiving, and more and more light will be shown to us.

Ideally, one should not feel that one has to give up something. Desires, old habits, likes and dislikes pass away. If, however, one becomes increasingly aware of a particular thing that one does that is detrimental to him, then it is his choice to try and leave it. This is Tapa, but Tapa is self-discipline. This means it is his choice. As one develops himself, the mind becomes more attuned and it becomes easier to gravitate towards positive things and leave negative ones behind.

Let us not put all energy into worry. Let us think of other people.

Let us never have anger towards anyone, no matter what he says or does to us. Anger can never heal anything. It is opposite of what we are trying to reach. To be full of love under all circumstances may seem difficult, but the difficulty is only on the surface. Actually, it is far easier to be kind and loving, even though in the beginning it requires some stern TAPA (self-discipline). It soon becomes simple, and one cannot imagine having anger at another person.

Do not concentrate on the negative aspects of people. Concentrate on positive. In discovering faults in yourself, let that not deter you; let it inspire you. Make the effort to rid yourself of your faults and you will be rewarded with their gradual disappearance if you practice your disciplines faithfully. Everything depends on your own efforts. You can be given one hundred indications in dreams and visions, but if you yourself do not make efforts to follow them, progress will be dulled.

Wanting sincerely to try to better oneself is the first step to self-improvement. If that desire is not there, nothing can come, but if there is some quest of truth about oneself, then a way is always provided. I'm not saying that this way will be simple, but it is given, in any case. Many people are suffering and, to the best of their knowledge, have NO WAY OUT. Their situations are 10-20-50 times worse than yours, and still no answers are there for them. Be always grateful for all that is given to you.

FROM INTUITIVE GUIDANCE

(received through Parvati Bizberg, Poland)



Fortifying Body, Mind and Spirit (December 1, 2014)

Yes, yes. Do enjoy this quiet time, dear vehicle. See it as a strengthening, centering period during which transmissions will certainly increase and interplanetary communications will be at a zenith.

Present day circumstances on the planet are being intensified, in part by the powers that be, to cause fear to manifest in the minds of the unsuspecting public! However, those of you schooled in Grace and Light will see beyond the ruse.

Fortify yourselves with organic foods, healing herbs, alternative treatments for ailments. Fortify your spirits with gatherings of like-minded beings, with projects which benefit and uplift those less fortunate than yourselves. Seek ways to serve.

Begin to create and adhere to a culture within the culture in which you find yourselves living. That is, create an alternative culture upon which you will be better able to subsist once the outer ramifications occur in the world that surrounds you. Create a healthy bubble around your families and those near, to strengthen and shield yourselves for times to come. Extend your arms to hold each other. Extend your hearts to welcome others who will find themselves drawn to the love with which you live your lives.

This is the time to realize that you will never be able to get what you need in this life from the outside. Once you fortify yourselves and become strong, inwardly and outwardly, no fear can assail you. In this way, the planet will survive and change will manifest all that is positive, life-sustaining and evolving.

Yes, yes. Let us continue our thread and encourage all who have been tapped for Light Work on this planet to be aware that the methods employed by forces of darkness—and there are more dark forces, not one mass conglomerate dark force—are cunning, divisive, invasive.

Those of you whose faith is strong and who know and honour the value of loving kindness and possess forgiving hearts, shall repel darkness with an ease to which you may be as yet unaccustomed.

Though the trials of darkness may be convincing to some, your minds will easily recognize no seed of Light in their premise. Thus you will know it is not of the Light, of the good.

Dear ones, dear ones. These times are wrought with humans' imperfections and penchant for mass hysteria. We know those of you who walk in Light, and you will always be guided and directed out of harm's way.

Do not allow for forces which would divide you in any way—by political means, by racial or religious strife, by the injustice which runs rampant in your great societies. Steer clear of the sharp edge of divisive politics.

Remain one-pointed. Champion the spirit and the true word of Divine as it resonates in your heart of hearts.

Refuse to be divided, no matter how clear the evidence appears otherwise.

Oneness is the answer.

Be aware.

Divine calling is for all.

Blessings do abound.

In Love, We are always.

Orion.

More informatiion : www.oriontransmissions.com

Thanks for Sharing the "Good News" with this Homa Health Newsletter!